

adhyAtmarasara~jjanI

atha SrlviShNutlrtha viracitA adhyAtmarasara~jjanI

||hariH OM||

pAhi pAMDavapAlakAmitapApinaM BavatApatO Ehi mAnasamaMdirA~gagaNadESamISa namO&stutE |
putramitrakalatrapUrvakamatragaM na paratragam yatra yatra gatirmamESvara tatra tE&sti padAmbujam ||1||

nO BayaM na ca durgatirna ca pAtakaM kalikAlajaM tvayyanAthagatau sadaiva hi mAnasAntikasaMsthite |
nityamEva vinOdamaAtramapEkShitaM saha mE tvayA naiva ki~jcidapEkShitaM priya satyamEtadudlrayE ||2||

prltirasti tavApi saMstutimAtra Eva vinOdatO&pyAvayOH samaSllayOriha maMdirE na viyOgatA |
dEva tE padapa~gkajE mama cittamEva na cEttadA kutra gacCati tadvadasva ramESA mE&dya satAM gaNE ||3||

yadyadO viShayEShu gacCati tarhi tE vacanaM kathaM SOBatE viShayEShu santataBAvanAdyaBidhAyakam |
yajjaDaM jaDatulyamanyadatastvamEva hl vastuH naH sauKyadastvamathABimuKyakarastvamEva na cEdBavEt ||4||

cittanAmaka yatra yAsyasi tatra gacCati mE manO duShTatA nanu ka~jcakasya na SOBatE vasudhAtaE |
EvamEva hl cakShurAdyaKileMdriyasya gatirBavEt kAYavRuttirapltthamEva viniScitA budhasaMsadi ||5||

karmakAnyapi hastapAdatada~ggallmuKadEhajAnyatra saMtataAksamudBavavarNapUrvakaSabdhakAH |
sarvadaiva hl tAvakAmitamUrtikAraNaBAvatO dOShakAraNaBAvamEva hl naiva yAMti kutaScana ||6||

kAmapUrvakavRuttayOpi hl tE suKAtmakamUrtiShu vyaktikAraNaBAvatO na ca dUShaNaya BavaMti mE |
naiva jAnata IdRuSIM sthitimAtmanO hyaKilAtmanO&sAdhu sAdhu ca sarvamEva hl tEShu dOShakaraM BavEt ||7||

puNyapApamapi tvamEva hl dEvaguhyamidaM paraM tvaM tvanAdita Eva pUrvaja pUrvakAraNa mE priya |
kiM karOti hl ki~gkarO yamarAJakOpaniyojitaStE vinaiva vadaMti nirNayamatra kiM munayo&pi BO ||8||

yAH sahasraSatAdhika api kOTayaSca tato&dhika vRuttayO mama nityamEva ca tAsu tE bahurUpatA |
kShEtrajO&pi hi putra Eva mamESvarO&si tathA&pi mAM nOddhariShyasi putrataiva suSatruBAvamathApnuyAt ||9||

BAratE Buvi viprajanma sudurlaBaM yadi manyasE sAdhanaM kuru dEva pUrvamahaM tu tE&nukarOmyalam |
pratyavAyavacaH kRutEpi ca sarvathA hyakRutau niShEdhOktirapyakRutasya SAstragati~javarya kRutau BavEt ||10||

kartRutA tava pUjyA&pi hl sarvakarmaviniScitA&pyEtayOratha ciMtana kamalESA tE&dya vipaScitA |
yEna kEna miShENa saMtataAdarENa manOgatiH SrlharEScaraNAbjayOridamEva sAdhanamIritam ||11||

EtadEva ca yOgyatA praviBEdatO vividhAtmanAM saMsPuratyaKilasya tattadavasthayA hyanurUpayA |
snAnadAnajapAgnihOtrasadiShTipUrvatayA tathA paitRukAdisamastakarmatayA&pi kAmpatayA punaH ||12||

EvamESha hariSca dEva muniShTamAtRumuKAtmanAM saMsPuratyaKilasya tattadavasthayA hyanurUpayA |
yadyadO hyuBayaM ca daivavaSEna vEtti nijAtmanA taddinaHpraBRutlha tasya karasthitaiva hi muktatA ||13||

nASiraH saKa tE prakEsulaITakaM yugalaM BruvOnAkShiNikaparasya satsvatha karNakE&tha kapOlakE |
sannRudEva sunAsika saKa vOttarOShThamathAdharaM saMpradaMtasupa~gktyugmamanaMta saMtava jivhika ||14||

tE muKaM vasukaMThakUbaramatra vOditagO viBAvatra dakShiNakaMdharmaM paramatra nAhyasukaMdharmaM |
nAjadAkakudatra nApasupRuShThamatra sahasakAvUrdhvadakShiNabAhurIdRuSavAmabAhurapIdRuSam ||15||

dakShiNAdharabAhurastu sahasakO&pyatha tAdRuSO vAmabAhurudAhRutaH pracatuBirEva karA~gkaBO |
pa~jcaBiH karaga~ggullnaKa dEva tE hRudayaM pramOrO&stu tEstanayugmamatra nRujaitra sUdamatra tE ||16||

prAptanAsaKa dakShakukShikamatra vAvivavAparaM nABiratra samISa tE triBiruktasaMsthavalitrayaH |
bastiratra nRuvAsumEDhramathO gudaM vRuShaNam ca vA vAptanAkA Tiratra tE saKa vAptavOruyugaM harE ||17||

jAnuni tava vAsamatra sadiShTadAnasamarthaja~gGABidhaM paravAtra tE prapadABidhaM saKa vAstutE |
pAdayugmamihApi sannaKalakShma taccaturAtmanA pa~jcaBiH padaga~ggullnaKarOmacarma ca nA praBO ||18||

cakShuShI tava cakShisaMsthita Eva dEva ramApatE pASca cakShuratha kramENA ca karNagaM paramiMdriyam |
GrANakaM rasanaM ca vA prasamatra santvagapi praBO vAk ca vA caturAtmakam karasaMsthapANyaBidhEMdriyam ||19||

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pAdapAyusumEDhragaM tava saMpranASca sumAnasaM buddhirapyatha tE prakOvida kAmapUrvakavRuttayaH |
dvitripa~jcadaSAdhikAstava BAvukEShTadamUrtayaH SabdapUrvakapa~jcakaM tava pa~jcarUpamatha praBO ||20||

snAnaBOjanapAnapAlanamElanAgamanArcanA prANanOccalanABivAdanamArjanArjanapUrvakam |
sarvakarma sanAmakaM tava rUpamEva ramApatE SaktayO&pyatha tatra tatra ca tE svarUpasuSaktayaH ||21||

matsya Eva kirITamaMbujanABa tE Bava IdRuSaH kUrma Eva sukarNakuMDalamIdRuSastava sUkaraH |
kaMThaBUShaNamASritaM tvadudaraSca siMhajasiMhiko BUShaNastava bAhusaMsthitamIdRuSaH saKa vO harE ||22||

ASritaM kaTimatra BUShaNamIdRuSastava BA harE pAdayugmagataM viBUShaNamatra samBavarA praBO |
saMsthitam ca karEShu BUShaNamIdRuSaM trijagatpatE tAdRuSO~gguliBUShaNaM tava viShNukIrtisatO harE ||23||

EtadEva navAtmakaM navaratnarUpamanaMta tE&naMtaBUShaNaBUShaNaM nijalIlayaiva sutOShaNam |
EkamUrtitayA ca pa~jcatayA&pipa~jcadaSAzmanA triMSadAditayA ca mAnasapUjanE pratiBASatE ||24||

dravyakarmaguNaprABedata Asya asyamiti kramAdEtadEva ca sarvajIvagataM tvanAdita Eva hi |
prAtarutthita Eva saMtatatAtanOmi suBAShitaM tadviruddhamathApi tE&stu nu baMdigltamiti praBO ||25||

kShAlanaM padayOrmuKasya ca pANipallavayOSca gaMDUShaNaM satataM tavAstviti mAnasaM ramatAnmudA |
citraBAShitamatra ki~jcana cOdBavEttadapi praBO gItavAdyapurassaram yadi tacca tE&stu mahIpatE ||26||

lAlanaM tanayAdikasya ca pAlanaM pitRupUrvakE mElanaM lalanAdikE&pyanukUllanaM ca tavAstu BO |
snAnamastvaBiShEcanaM tava tatra pauruShasUktakaM maMtramastvanu dhautavastrakayugmamastu tavAMbaram ||27||

AsanAcamanaM tavAstvanucaMdanAdiBira~gkanaM mAlikAdiviBUShaNaM tava vaMdanaM tvatha saMdhyayOH |
maMtrasaMstavayaMtrapUjanapUrvakaM paramESa tE dhyAnamaunasudhAraNAdikamastu tE puruShOttama ||28||

caMdanAdiBirapyala~gkRutirastu tE tilakaM ca BO dEva BOjanapAtramastu supAnapAtramathAstu tE |
nArikElalAdimiSritamatra vastu tavAstu BO vya~jjanaM lavaNaM tathAstu supatraSAkamathAparam ||29||

sUpamastu supAyasaM paradEvanaikavidhaM sadA citraBakShamanEkadhA&stu vicitramAShavinirmitam |
tailapakvamathAstu tE GRutapakvamastu harE jalA~ggArapakvasukAlapakvamathAstu pakvasupa~jcakam ||30||

citramannamathAstu tE&dya vicitravastuvirmitam cOdanaM paramAnnamastu sadaiva tE jagatIpatE |
SarkarAguDamiSritAnnamathAstu tE satataM haridrAnnamastu tathaiva BO priya maudgamannamathAstu tE ||31||

SastavastuvimiSritaM punarAmlavastu sadA&stu tE&nAmlavastu tathAstu tE paradvivastusamanvitam |
nUtanaM navanItamastu ramESa nUtanamEva tE pAtrapUrNaGRutaM ca tE&stvatha takramastu dadhiSa tE ||32||

kShAramastu ramApatE madhuSarkarA&pi sadA&stu tE IEhyapEyasucOShyaKAdyamuKaM parESa tavEva BO |
pUrvamuttaramamBasO&Sanamastu tE&tha paratra BO kShAlanaM karayOrmuKasya ca pAdayOratha nEtrayOH ||33||

a~ggullJalamastu sa~jcalanAdikaM saPalaM ca tAMbUlamastu sudivyavastuvimiSritaM vasudhApatE |
nUtanaMBaramastu tE paridhAnamastu tathaiva cOShNISHaka~jcukapAdavastrasumadhyabaMghanamastu tE ||34||

AvikaM ca tathOrNapUrvavicitravastramapIsa tE darpaNaM tava cAmarE gaNikAdigltasunartanam |
CatravAdyavicitraSabdhasulAlanaM svараBEDataH pAdarakShakapUrvamastu sadaiva tE dharaNipatE ||35||

vAjipUruShayAnagO&yutayAnamapyatha tE tathOdyAnavIkShaNaNacAraNAdikamastu tE kamalApatE |
kShEtravIkShaNadEvatAlayaBitticitranirIkShaNaM pakShiyuddhanirIkShaNAdi tavAstu nityavicakShaNa ||36||

tatra tatra PalAdiBakShaNaIakShaNEtaravIkShaNaM SikShaNaM nijaBRutyake gRuhasa~ggamaSca punastava |
kShAlanaM padayOstavAstvaja pANipUjitapAdagaMDUShaNaM ca tavAstu cAsanamastu tE BujagAsana ||37||

pAtrayugmamathAstu sUdakapUrNamastu tavaiva kauSEyayugmamathAKilaM paramAnhikaM ca tathOttaram |
kaMdamUlasukAlapakvaPalaM ca sarvamathAstu tE kShIraNirraguDEkShusarpirathAstu tE vyajanaM ca BO ||38||

yAmajAgaraNaM tavAstvanugltanartanapUrvakaM maMtrapAThanasannamaskRutipUrvakaM ca tava priya |
dlipayugmamathAstu tE paradhUpamastu sugaMdhayuk cApa uttamakA Bavantu nu tApahA marudastu tE ||39||

SrlpatE kaSipustavAstvanudEva tE hyupabarhaNaM ma~jcapUrvakaBOgasAdhanamastu sarvamapIsa tE |
ka~gkaNAdiviBUShaNaM nava vastramastu ca kiM punarjAgarasthasamastavastu tavAstu nistulavastu BO ||40||

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yadvadEva hi jAgarasthasamastavastu tava praBO tadvadEva ca vAsanAtmakavastu sarvamathAstu tE |
suptigaM suKamastu tE punarastu mAnasavAsanA jAtavastu samastamapyatha jAgarAMtamanaMta BO ||41||

vyAdhayO&pyathavAdhayastanuBEdadAhanapUrvakaM cAtra janmani pUrvajanmasu cOttarEShu tathaiva BO |
kiM punarbahuBAShitEna SarIrajaM tvatha mAnasaM vAgjamastu tavESa saMtataMESha sarvavidhirmama ||42||

biMbapUrvajanamEvamEva hi kurvatO na ca pAtakaM duShTakarmajamapyakarmajamaMtikaM prati gacCati |
Etadatra sudurlaBaM Buvi BAraTE naraJanmanAM kvApi naiva sapAtApAtmana aMtikaM pratigacCati ||43||

biMbapUjanamaMtara na ca muktirasti hi kasyacitsarvamanyadanuShThitaM nanu cittaSOdhanapUrvakam |
sAdhanaM BavatIha pUjana Eva saMtata mAdarAnmOdatIrtanibaMdha Eva hi mAnamatra mayOditE ||44||

iti samarpaNaprakaraNam ||
avadhUtaSirOratnajayatIrtthavinOditaH |
prasannaH SrlharirdadyAtsatAM sarvamapEkShitam ||45||

BavarOgauShadhaM divyaM BajamAnAH punaH punaH |
biMbapUjanasaMj~jaM tE na BajaMti punarBavam ||46||

naMdatIrtthaprabaMdhaKyasudhAsiMdhuviH AriNaH |
bAMdhava yatkRutau tOShaM yAntyEvAntaraciMtakAH ||47||

supuNyE BAraTE&raNyE yE vij~jAnavivarjitAH |
duHSAstradUShitAtmAnaH kiM mAM niMdaMti durbaL AH ||48||

dOSHEtA&pi madlyA vAgdhAryaiva dharaNIsuraiH |
SIAGyatE guNalubdhairhi kaMTakEtA&pi kEtakI ||49||

iti SrlmadavadhUtaSirOmaNiviShNutIrtthaviracitA&dhyAtmarasara~jjanI samAptA ||

|| SrlkRuShNArpaNamastu ||